




 **98%**
HEALTH SCORE

Farro With Sweet Red Bell Peppers, Kale, and Goat Cheese


 Vegetarian  Very Healthy

READY IN




45 min.

SERVINGS



2

CALORIES



864 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 cup farro
- 2 ounces goat cheese
- 1 bunch kale roughly chopped
- 2 servings kosher salt
- 5.5 tablespoons olive oil divided
- 1.5 teaspoons oregano dried divided
- 2 bell pepper red stemmed seeded sliced

- 3 tablespoons red wine vinegar divided
- 1.5 tablespoons sugar divided

Equipment

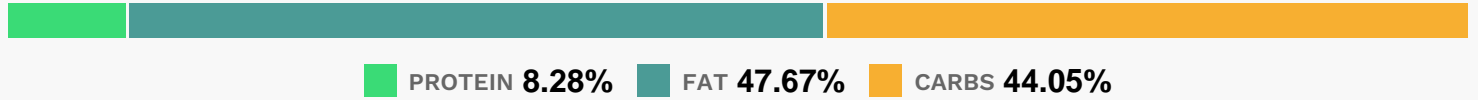
- bowl
- frying pan
- sauce pan
- whisk
- colander

Directions

- Combine farro, a large pinch of salt, and 4 cups of water in a medium saucepan. Bring to a boil over high heat, reduce heat to maintain a simmer, and cook until farro is tender, 25 to 30 minutes. When done, drain farro in a colander. In a large bowl, whisk together 1 1/2 tablespoons olive oil, 1/2 tablespoon vinegar, 1/2 tablespoon sugar, 1/2 teaspoon oregano, and a pinch of salt.
- Add farro to bowl and stir until dressed. Set aside.
- Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat until shimmering.
- Add a handful of the kale and stir until it turns bright green and wilts, and then add another handful. Continue process until all of the kale has been added.
- Pour in 1/4 cup of water and bring to a boil. Then reduce heat to a simmer, cover skillet, and cook until kale is tender, but still has some texture, 8 to 10 minutes.
- Transfer kale to a bowl and set aside. Wipe out skillet.
- Heat 3 tablespoons oil in a medium skillet over medium low heat until shimmering.
- Add sliced peppers, toss well, and then cover the skillet. Cook, stirring occasionally, until peppers are tender, but still have some crunch, about 8 minutes.
- Stir together the 2 tablespoons vinegar, 1 tablespoon sugar, 1 teaspoon oregano, and a pinch of salt in a bowl and then pour this into the skillet. Stir well and cook for 2 to 3 minutes.
- Add the kale to the skillet and stir until combined. Season with salt.
- Divide farro between two large bowls and top each with half of the red pepper and kale mixture and goat cheese.

Serve.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:42.164347944052%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.44mg, Kaempferol: 30.44mg, Kaempferol: 30.44mg, Kaempferol: 30.44mg Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg, Quercetin: 14.95mg

Nutrients (% of daily need)

Calories: 863.77kcal (43.19%), Fat: 47.05g (72.39%), Saturated Fat: 9.9g (61.86%), Carbohydrates: 97.83g (32.61%), Net Carbohydrates: 76.43g (27.79%), Sugar: 15.61g (17.35%), Cholesterol: 13.04mg (4.35%), Sodium: 349.36mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Vitamin K: 294.54µg (280.52%), Vitamin C: 213.18mg (258.4%), Vitamin A: 10559.76IU (211.2%), Manganese: 2mg (99.9%), Fiber: 21.4g (85.61%), Selenium: 39.32µg (56.17%), Vitamin E: 8.2mg (54.65%), Vitamin B6: 0.79mg (39.42%), Phosphorus: 364.28mg (36.43%), Copper: 0.69mg (34.74%), Vitamin B3: 6.73mg (33.64%), Vitamin B2: 0.56mg (32.83%), Folate: 125µg (31.25%), Magnesium: 124.22mg (31.06%), Iron: 5.47mg (30.36%), Calcium: 268.02mg (26.8%), Vitamin B1: 0.35mg (23.41%), Potassium: 792.94mg (22.66%), Zinc: 2.99mg (19.94%), Vitamin B5: 0.93mg (9.25%)